

Now deep thoughts
...with Conestoga College

Random questions answered by random students

What's the worst New Year's resolution you've ever made or heard of?



*Probably go to the gym
every three days (through work)

1. **Introduction**
 2. **Methodology**
 3. **Results**
 4. **Conclusion**
 5. **References**



**"Working from home's the
world's new favorite office."**

1. **Identify the main idea.**
 2. **Support the main idea.**
 3. **Conclude the paragraph.**



¹¹ *Journal of Management Education*, 30(1), 10-20.

Abstract



"I think the biggest thing is getting people to give up their old ways."

Myra Rose,
former president
of the International



"They [the students] were: 'It didn't work because it made me nervous!'"

Where Can I Buy...
 (Find your
 local dealer)



"I am not saying they want to lose weight. They make it their first goal."

...the ...
...the ...
...the ...
...the ...
...the ...

[illegible]

(Academy Students Inc. will then accept general mailing Dec. 1 to review the past school year and talk about future goals and plans. CBA board members this year are, from left, Maria Anglin, Lisa Lockhart, Amanda Blair, Cora Spivey, Andrea Carmichael, Maria Farinas and Tanya Sabatelli.) In the top is also proof of CBA inspired Cans and previous Stinson's sponsor. The CBA staff members that you see are RD accountant (Dorothy Gervais), Tina Hensel, Brenda Hildebrand, Jackie Schaefer, Jacki Brandel and Katherine Wynn.

CSI reviews the past and plans for the future

1000

One of Oswego Students Inc.'s goals in 2000 was to ensure students had a remarkable and memorable stay at the college last year. That will continue to be a priority.

Chris Young

At their second general meeting Dec. 1, GSA members reviewed their past activities and goals and discussed plans for the coming school year.

CSI experiments more than 1,000 full-time students and their first order of business was to ensure all electronic equipment of their personal and mobile devices was

At the meeting, Shroyer Nelson, CMI president, said "In our strategic plan we wanted to make our website. We have a lot more information on the website available, we also have the hard copy booklets being made available to clients and it is really an

Have done little things for the students, in convincing CMO members are trying to persuade.

"I know those guys [K&N] have been a lot more involved in setting up a booth on a biweekly basis giving out pop corn and getting candy and even calendars," said Blower. "I think they've really moved ahead these last few years."

Cell and many plans in 1988, including the college's first Green week, which encouraged students to drink environmentally. Cell was also the host of Connecticut's first annual GREEN week, which was held March 23-28. One of the highlights of the event was NUTRICE, which promotes the use of chemical-free cleaning materials.

SUBJECT came to a successful end with the SUBJECT report.

line, which is 1/160th the size of a strand of hair. According to the PAPERLESS website, when it's used properly, the high quality microfilm increases an archival document's useful life.

Another goal of C&D this coming year is to help keep the students informed about the possible dangers of drugs.

"We're working with the College Student Alliance to stay informed on what's going on, then putting them in meetings so that students can be informed," said Romer.

The Students Are Not
Boycotting Clubs Campaign
is at the forefront of this issue
as GSA continues to keep stu-
dents informed of the situa-
tion. Full-time faculty
received a packet of guidelines
the company and encourage
ing them to think long and
hard before the District
Public Service Employees
Union holds a strike vote.

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26



Sunrise Centre makes a difference in kids' lives

By HEATHER HUIER

Shards of shattered glass through the fence where the children stare as for their red rag to come.

Most of these kids have no shelter, much no home, and no family or nation.

Since 1983, Sunrise has been helping these kids as well as adults with physical and developmental disabilities.

Therapeutic riding has made a difference in all their lives. The friendly staff and volunteers make it possible for these children and adults to lead a better life.

"We work on muscle strengthening and strengthening of the horse," said head instructor Krista Brown. "We have kids that can talk and some that can't, so we try to encourage more out of the ones that can't."

The strength and ability of the horse determines how many volunteers are needed during the lesson. Sometimes they just need someone to lead the horse around the arena and others need to have a lead and two side walkers to help balance them on the horse.

Four-year-old Ann Evans just started coming to Sunrise. She can't speak, but after a few riding lessons, the owner that has been encouraged by the instructor here helped her to communicate with the instructor and volunteers.

"Throughout the lesson we have them sort different objects like balls or toys. We use objects made of balls with holes in them which helps

them develop their muscles and then they slide the ball onto a pole which works hand and eye coordination and stimulates the brain and blood."

Sunrise even has students from other countries come out for on-ups at the fence.

Age, who did not want her last name said, came from Germany to teach and learn to work with disabled children and adults. Her term at Sunrise is finished now but the work she could stay longer.

It has been a great learning experience for me and I will never forget the smile on their faces when they got on their horses, there is no words to describe how it feels," she said.

The next winter will come in January from Bremen.

The firm has been hit hard by the poor economy and is seeking help from anyone who can give a donation.

"We are a registered charity, so we receive no donations, and the help of volunteers. We want to keep the firm going for those people it's like a home away from home for them. They feel more independent when they come here and the environment is just beautiful," said executive director Ann Chase.

Today Sunrise is home to 30 staff members and 100 volunteers, two horses, four miniature horses, two mini pony shagbills and one standard shagbills.

For more information you can call or email Sunrise at 510-837-8888 or volunteer.net@earthlink.net.

PHOTOS BY HEATHER HUIER



The Sunrise sign welcomed you to the farm at 5500 Concession 3 in RR#2 Paddock.



Are is encouraged to focus on putting the reins on the top back, while helps with basic instructions.



A pathway was built from the sun park to the office at Sunrise so it thank you to donors whose donate has helped in the future.



The horse have five big paddocks outside where they can graze and relax when not working.



Four-year-old Ann Evans gets ready to ride the horse, "Sunrise," with two side walkers to help her stay balanced on the horse.



It will just horses on their faces. Kids also learn about and interact with horses, miniature ponies and standard horses.



From left to right: Krista Brown, head instructor; Carol Galtman, an instructor in the ring; and volunteer student Ange. These three are only a small part of the team at Sunrise.



Pete's Submarine

Military educational offerings come to Comestogo to inform students about education and job opportunities within the Canadian Armed Forces and Canadian Navy. Participants of the event and presenters includes, Peter Kiri, Chief Petty Officer (second class) David Jackson, MODS Westport, chief of electronics and cybernetics engineering, Sgt. Karen Lavett, Marine Services Areas Support, Sgt. Pat Macintosh, second-year electrical engineering technology student, and Mike Macneil, manager, engineering, technology and trade training, School of Engineering and Information Technology.



Chief Petty Officer David Jackson discusses job opportunities with an attendee at the Armed Forces presentation, aimed at recruiting students into the Forces, military programs.

PHOTOS BY ALEX COOKE

Military needs a few good men and women

By ALEX COOKE

Canadian Armed Forces and Canadian Navy recruitment talked to around 30 Comestogo engineering students about opportunities to serve, get educated and gain guaranteed employment via a subsidized program on Dec. 3 held in the ATB building. The hour-long seminar was presented on the hopes of getting students interested in technical careers, in the Canadian Navy and Armed Forces.

The program is part of a recruitment effort so thousands of technicians are needed to fill jobs left vacant by those being away from the military.

First-year electrical engineering student, Scott Ford, described himself as a non-aggressive person interested in defence.

"It's a good thing to be nervous," he said. "Don't have a career after school, and no real opportunities."

Chief Petty Officer David Jackson opened the presentation with a message that appealed to young aggressive men. The video featured heavy guitar and

repeated words: launches, applied, with, real, value, of, commitment, on, equipment, on, Canadian, days.

Jackson, a private part of his job as a recruiter for the Navy is getting his message out to the younger generation.

"I love it," he said. "There are so many career and education opportunities in the Armed Forces."

Jackson gave a brief PowerPoint presentation outlining salaries and the responsibilities of those who join. He also gave a strong advisory for younger people to discuss their plans with family and friends before signing up.

"Please, this is a serious decision," he cautioned. "Don't lose your dream on money alone."

Although the primary skills sought in Dec 3 were technical trades, there are a growing number of studies being recognized for the technical program, such as culinary arts and medical technician.

Upon signing a one-year contract with the Canadian military, each person is guaranteed a salary of \$21,400 for their first year of training and in their second year that

jumps to \$25,196.

"That's a pretty darn good wage," Jackson said.

After graduation there are opportunities for work and positive wages. The Armed Forces requires two months of service for every month of paid tuition. Studies and living expenses.

After Jackson finished his presentation, Blake Smith, a Junior Engineer explained his duties on a communications technician for the Canadian Navy.

Rogers, whose father served in the name of the 31 years has been in the field for a decade.

He had a few slides to show the gathering, including the naval cadetship in Canadian ships called the Navy. It is a certificate that allows training on board.

If this certificate goes down and you're a communications technician, they do pay for about 11. Rogers said on the audience laughed at responses.

All approved occupations and explanations of specialties are listed on the Canadian Forces website at www.forces.ca.

The Armed Forces careering officer is located at 18 Duke St. in Kitchener.



Sgt. Karen Lavett, a second-year electrical engineering technology student at Comestogo and a Canadian Armed Forces recruit, was directed out to serve to spend the day presentation on Dec. 3.



Manager Services Areas Support, Sgt. Pat Macintosh, a person before describing education and job opportunities in the Navy.

A year in review

By Michael Williams



This time of year people like to reflect on past events. There it is, officially the new year, remembering about the highs and lows of the past 12 months seems to be the new norm. Sometimes it's hard to remember what happened two weeks ago let alone two months ago, so it is fun and sentimental to review the year. The following events are noteworthy in 2007.

Jan. 20 – Barack Obama is inaugurated as the first U.S. African-American president.

The whole world seemed to celebrate.

Jan. 22 – Obama signs an order to close Guantanamo Bay. It is unfortunately known as a prison where inmates are treated inhumane. The majority of Americans are proud that they chose a president who is so passionate and caring.

Feb. 7 – The devastating bushfires in Australia history devastated the country. These types of fires are common but last year the extremely hot weather and drought made the fires the worst natural disaster in more than a decade. The fires killed 171 people, injured over 500 and left 1,500 homeless.

June 12 – The H1N1 influenza, commonly known as the swine flu, is pronounced a global pandemic.

A new version of the H1N1 virus, called H1N1, was first detected in Mexico and prompted the World Health Organization to announce the first global H1N1 pandemic in 41 years. Ontario has confirmed 81 deaths from the H1N1 virus and health officials are highly concerned as that people get the vaccine.

June 25 – Michael Jackson dies and the entire world mourns. Since after controversy spread about the role Jackson's doctor played in his death, Jackson's autopsy reports are not made public until months later. Jackson's album *Control* is No. 1 and the feature film on his final concert made millions at the box office.

Dec. 4 – The unemployment rate in Canada reaches 5.5 per cent. This has not been the year for the economy. Thousands of Canadians have lost their jobs, have no money invested and are broke.

Overall, 2007 was a very good and depressing, so we're hoping 2008 is a better year.

The cover letter represents the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Letters will be printed at the discretion of the newspaper. We cannot guarantee that all letters will be published. Letters should be no longer

than 500 words.

Spoke reserves the right to edit any letter for publication. Address envelopes should be sent to: The Spoke, Spo, 299

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Spoke is a publication of the Spoke Valley College. Spoke is a publication of the Spoke Valley College.

Keep resolutions simple

Stop setting lofty goals and enjoy yourself this year

With a new calendar before us, and a new semester that will surely up-by faster than we thought possible, it isn't difficult to forget of those goals we set at the start of the year. We're always the same long weight, make more money and quit drinking.

New Year's resolutions have always been set and made the hell out of me. They're always the same long weight, make more money and quit drinking.

How can we expect ourselves to have more money and quit drinking? We're always the same long weight, make more money and quit drinking. We're always the same long weight, make more money and quit drinking.

"Sorry, now that it's mid-year, I can't drink or smoke anymore" – get real!

Why do we set ourselves up for this disappointment every year? As soon as we make these resolutions, we know there is no chance that we'll ever keep them.

Every weekend a drunk couple goes to a bar and gets drunk. They're always the same long weight, make more money and quit drinking. They're always the same long weight, make more money and quit drinking.



Alan
Crisis
Opinion

First, I suggest that resolutions not be made at the beginning of the year.

Following on the heels of Christmas with all that yummy food to share with family and friends, it is not until to pass a few pounds. Also, winter is cold and we need some more resolutions to help keep us warm. That's why I tell myself anyone

your comments to school or work, make a short list of things you want to get done this year.

Remember the H1N1 rule. NO, no, don't do it. Don't do it. Don't do it. Don't do it.

Keep it simple. Keep it simple. Keep it simple. Keep it simple.

Have four or five goals for next year. "I do not good about today." That can be as simple as holding a door open for someone, or opening the window they asked to keep their lunch, or having a beer.

The keeping physically active is an important goal to have in your mind, but instead of thinking of all the weight you want to shed, instead of thinking of all the stress of the semester or taking a break with doing a lunch break.

Better yet, no matter how active it seems, try to get to work out of life in you too. Open your eyes, look around and realize that there is a whole world out there. You can make an impact or you can be a part of yourself and let things be open.

Change happens in your mind, not when writing down on a silly piece of paper.

"Sorry, now that it's mid-year, I can't drink or smoke anymore" – get real!

Why do we set ourselves up for this disappointment every year? As soon as we make these resolutions, we know there is no chance that we'll ever keep them.

SPOKE

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HOROSCOPE

Week of Jan. 11, 2009



Aries
March 21
April 19



Libra
September 23
October 23

You will have terrifying nightmares about justice. This will be a source of great amusement, and you find it just log on your clock.

On the weekend a vicious violent attack will attack you. You will be OK because you will use the Holy Hand Grenade.



Taurus
April 20 - May 20



Scorpio
October 23
November 21

On Tuesday you will be walking down the street when your eyes will water profusely. This is because someone has released tear gas today.

On Friday you will get hit on the stomach by a slaphop. This will hurt tremendously but make you come home, as it will be of a gentle nature.



Gemini
May 21 - June 21



Sagittarius
November 22 - December 21

You will be forced to take a long breakfasting hour as part of your mission. A security guard will want a great deal of your time.

On Wednesday an accident will affect you. This is rather odd as you will be on the sidewalk of a city street where it happens.



Cancer
June 22 - July 22



Capricorn
December 22
January 19

A barbershop quarrel will follow you endlessly this week. They will say mutual versions of dirty innuendo. This will be a misunderstanding.

At some point during the week you will get hit in the head by a chocolate. This is not a catastrophic injury but it is embarrassing.



Leo
July 23 - August 23



Aquarius
January 20 - February 18

This week a wolf will move into your area and start out as your innuendo. This is only as much as you are a liar. Other people should not see innuendo.

On the weekend you will be attacked by a pack of angry beavers dressed as men. This is very strange considering the time of year.



Virgo
August 23
September 22



Pisces
February 19
March 20

Your neighbor will put down a cooler. This will become quite annoying especially when you live downtown away from Rome.

A large woman of Thorian descent will challenge you to a game of innuendo. This will humble you for all your money.

CHILDREN OF BODOM SELL OUT CLUB ELEMENTS



PHOTO BY JEFFREY MANN

Also: Lethal of Children of Bodom played in a sold-out crowd in Club Elements in Milwaukee Dec. 4. Upcoming shows include Anti-Party Jan. 29 at The Phoenix in Toronto, Monday Bar Feb. 6 at the AGO in Toronto and Big Ditch Feb. 23, also at the AGO.

WHEN DATING TURNS DANGEROUS

Are you abusive?

Have you every wondered why you sometimes feel as though you must have control over your partner's actions, relationships, and behaviors? In other words, are you aware that abuse may be taking place in your relationship? You may be emotionally abusing your partner without understanding what you are doing or why you are doing it. Or you may understand what is happening, but not know how to stop.

- Do you blame your partner whenever things go wrong?
- Do you control what your partner does, where they go and talk to, the use of the phone or car, and where they go?
- Are you jealous of your partner's friends, pets or family?
- Do you say hurtful things and then say you were only joking?
- Do you put fear in your partner by smothering things, or by using looks, loud voices or gestures?
- Have you ever hit, slapped, grabbed or pushed your partner?



If you have answered yes to any of these questions, help is available. Realizing that you may be exhibiting abusive behavior is the first step in becoming it. Counselors are available through your Counseling Office (Doe Campus, Room 181/181, 744-0220 and 1280, Campus Campus, Admin Office, 824-0220 ext. 148 or 1480, Campus Campus, Room 1234, 824-0220 ext. 224. Information on community support is available through your Counseling Office. If you are being abused, report behaviors to Campus Security (Doe Campus, Room 2210 ext. 1237) under the Police. All above services are confidential.



Nick Decker is a second-year journalism student who makes these up for your entertainment.